

# Wednesday's Wisdom



January 2014



## Happy New Year!

*We want to thank everyone for their patience this past year as we brought on a new computer system and worked on understanding the new regulations. We look forward to working with you on the challenges that this new year brings. Cheers!*

### Chef Cyndie has a cookbook!

Some of you may remember Chef Cyndie, keynote speaker of last year's Child Nutrition Tri State Conference. Indiana created a cookbook which showcases Chef Cyndie's recipes along with cooking tips and tricks. See this link [Sizzling School Lunches: Indiana Cooks with Chef Cyndie](#)

### NH Farm to School/Preschool Save the Date!

When: May 20, 2014  
Where: Canterbury Shaker Village, Canterbury, NH

More information to follow.

### CN Labels

CN labels are available for **commercial main dish entrees**, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls and breaded fish portions. They identify a product's contribution toward the meat/meat alternates component and may also indicate the contribution of other meal components that are part of these products, for example CN labeled pizza may list contributions to the meat/meat alternates, grains and vegetables components.

CN labels provide school nutrition programs with a USDA **warranty** that the product contributes to the meal pattern requirements as printed on the label.

### Product Formulation Statements

Product formulation statements (PFS) are developed by manufacturers to provide specific information about their products. Since PFS are **not regulated**, their information varies from manufacturer to manufacturer. **Unlike a CN label, a PFS does not provide any warranty against audit claims for reimbursable meals.** Their crediting information should be checked by the school food authority for accuracy **prior** to the item being included in the reimbursable meal.

\*Note: when the label states the bread is a whole grain rich product, but the first ingredient is enriched flour, a PFS is needed to support the whole grain rich claim.

**Schools must keep CN labels and PFS on file to document meal pattern compliance for auditing purposes.**

## Locally Grown in the Winter



What local products can you find in NH this time of year? According to the NH Department of Agriculture Markets and Foods the following local products can be found in NH during the winter months.

Apples (farmers store for year round use)  
Honey  
Meat

Cheese  
Maple Syrup  
Turkey

Carrots  
Potatoes  
Mushrooms

Onions  
Dried Beans  
Winter Squash

Garlic  
Cabbage